

# The Family Flyer



Supporting Military Families  
Cape Cod—Southeastern Massachusetts—SE New England

## OTIS Air National Guard Night at the Providence Bruins

**FRI 11 OCT at 7:05 at Dunkin Donuts Center in Providence, RI**

Opening night of the season. Tickets \$17 per person and can be purchased by contacting Rick Bourassa at [richard.bourassa.ctr@ang.af.mil](mailto:richard.bourassa.ctr@ang.af.mil) or [richard.bourassa@ang.af.mil](mailto:richard.bourassa@ang.af.mil)

DEADLINE TO PURCHASE IS SEPTEMBER 27TH. 50% Savings per ticket.



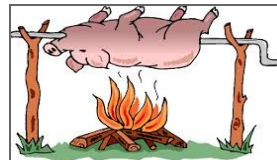
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## Otis Fish and Game Club Annual Pig Roast

**SAT 21 Sept at 2:00 P.M.**

Tickets \$20 per person Call the Club at 508-564-6442  
or Mike Veloza at 508-367-4727.



## Camp Edwards Open House

**SAT 21 & SUN 22 SEP 9 a.m.—4 p.m.**

Free admission, public welcome. Entrance through Main Gate off the Otis Rotary.

- History
- Army National Guard
- US Coast Guard
- Revolutionary War, Civil War and WWII Encampments
- Military Vehicles and Aircraft Displays
- Artillery and Weapons Displays
- Environmental Displays
- Barnstable County Sheriff's Office
- Concessions
- Battle re-enactments, war re-enactors and more

More information on [Facebook](#)



## Car, Motorcycle & Truck Show

**SAT 21 SEP**

**Free & Open to the public!**

Both events will be held on  
Joint Base Cape Cod &  
presented by MA National  
Guard and sponsored by the  
Otis Civilian Advisory  
Council.

[MORE INFO HERE](#)





A Project of the Masonic Angel Foundation

## Food Program for Military Families

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

This program is designed to ease the financial challenges of families. Open to: military families of all branches, with children AND who's unit or home is on Cape Cod.

Once a month participant families would be able to pick up a bag containing:

- Large package of cereal
- Large package of pasta
- Can of pasta sauce
- Multi-pack of animal crackers
- Package of fruit-filled cereal bars
- Bag of white rice
- Box of Mac & Cheese
- Multi-pack of toaster pastries
- Pound cake
- Multi-pack of cookies (for recess snacks)
- Box of pasta salad

**HOW IT WORKS:** Participants pick up a food package each month for year, allowing other bills to be paid.

For full details [email](#) or call Erin 508-968-4855.

Read about Beehive Food Programs at local schools [HERE](#).



## 2nd Annual Food Fun and Facts for Families

**THUR 17 OCT 5 p.m-8 p.m.**

Crosswinds Activity Center

Building 5210 East Hospital Road

Great Information and Giveaways

Come dressed as your favorite Super Hero! Enjoy FREE pizza and \$1 Bowling

6:30 p.m. The Clown Act

7:00 p.m. Magician Brandon Fox

Face Painting from 6:00 p.m.- 8:00 p.m.

For More Information contact Jody Carman

508-968-6635

[jody.l.carman@uscg.mil](mailto:jody.l.carman@uscg.mil)



**Sponsored By:**





## King Richard's Faire

Want to go more than just one day?? JBCC's MWR is excited to announce King Richard's Faire tickets again this season! Tickets this year for adults are \$20 each (A savings of \$8!) and good for the following dates:

- September 21, 22, 28
- October 5, 12, 14 (Columbus Day), 19 & 20, 2013

The MWR Ticket Office is located at 5205 Ent Street in the MWR Administration Office, Air Station Cape Cod, Joint Base Cape Cod. 508-9686447. Cash, check and charge are all accepted for payments.



## September is Preparedness Month



### Emergency Preparedness Checklist:

- ✓ I know what disasters are most likely to occur in my neighborhood.
- ✓ I have a family disaster plan and have practiced it.
- ✓ I have an emergency preparedness kit.
- ✓ At least one member of my household is trained in first aid & CPR.
- ✓ I have taken action to help my community prepare.

### Get An Emergency Preparedness Kit.

- Water - one gallon per person, per day
- Food - non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight (NOTE: Do not use candles due to the extreme risk of fire)
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical supplies
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of area

\*Consider the needs of all family members and add supplies to your kit (eg: baby food, pet supplies, and entertainment for children)

Visit [www.redcross.org](http://www.redcross.org) for more suggestions on what to include in your kit

Get a Kit

Make a Plan

Be Informed

### Make A Plan.

Discuss with your household how best to prepare and respond to emergencies common to your area.

#### Choose TWO emergency meeting places

- One right outside your home in case of a sudden emergency
- One outside your neighborhood in case you cannot return home or are asked to evacuate

### If You Have To Evacuate.

- Where will you go & what route will you take to get there?
- What about your pets? Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.

Choose an **out-of-area emergency contact person** through which each family member can check-in if separated.

- If local phones lines are overloaded or out of service it may be easier to text or call long distance.
- Everyone should have emergency contact information in writing or programmed into their cell phones.

### Be Informed.

Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.

### Let Your Family Know You Are Safe.

If your community has experienced a disaster, register on the American Red Cross **Safe & Well** website (available through [redcross.org/safeandwell](http://redcross.org/safeandwell)) to let your family and friends know about your welfare.



American Red Cross of Eastern Massachusetts

For more information on disaster & emergency preparedness visit [www.EasternMassRedCross.org](http://www.EasternMassRedCross.org) or call 1-800-564-1234

## FREE Active Parenting Program with Lee Burwell

Sponsored by Coalition for Children & Falmouth Human Services

Thursday Evenings starting Oct 3rd - November 14th

North Falmouth Congregational Church

155 Old Main Rd. North Falmouth, MA

For parents with children Ages 6-11. Workshop, Group Support, Childcare and Dinner Provided

5:45-6:15 Dinner

6:15-7:45 Class



WIN A FREE  
**CUSTOM  
FATHEAD!**

### Fathead's Salute to Service Sweepstakes & Everyday Discount

**Sweepstakes:** Win a FREE Custom Fathead! Fathead sponsors a sweepstakes that is open only to active service members and members of their immediate family. Qualifying entrants will be eligible to win one of five free custom Fatheads in our monthly drawings. Enter once a month to increase your chances of winning! Sweepstakes ends 31 OCT 13. NO purchase necessary. More [HERE](#)

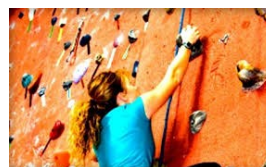


**20% - Everyday Military Discount:** To see if you qualify for this discount, go [here](#) and then click on the banner that says "Fathead offers 20% off to Military Families".

## Let's Rock — FREE Rock Climbing Challenge Day for Military Teens (Ages 14+)

**SAT 05 OCT from 9:30 a.m.—2:30 p.m. in Everett, MA**

Hosted by Massachusetts Operation Military Kids this free rock climbing challenge day for military youth ages 14 and up. The event promises to be challenging yet fun! To register contact Va Shon Hiltbold at 781-891-0650 x30 or email at [vwalace@umet.umass.edu](mailto:vwalace@umet.umass.edu). Registration is required by MON 23 SEP and is limited to 15 teens.



### College Fair

**WED 25 SEP from 9 a.m.—3 p.m.**

Camp Edwards Simulation Center (Bldg 1206, West Inner Road)

Nearly 50 Universities, Colleges, Graduate Schools, and Academies will be in attendance. Family members welcome! Drawings and prizes awarded! Questions, contact Jim McLoughin 508-968-6440.

## Back To School with the Child & Youth Program

With summer camps winding down for the season, parents and children alike are focusing their attention on preparing for the start of the school year. While this is certainly an exciting time of change and new beginnings, families may experience concern or become overwhelmed by all the necessary preparations. See below for a listing of resources to support your children's academic development and let the Child & Youth Program help your family prepare for the upcoming school year!



**Military Kids:  
Proud, Ready,  
and Resilient**

[Free tutoring for military families](#) ★

[Free SAT/ACT test prep programs](#)

[Discussion of tough topics & helping children cope](#) ★

[Quality before/after school care](#)

[Scholarships for military youth](#) ★

[Student Online Achievement Resources designed for military families](#)

[More 'Back To School' postings on the Guard's facebook site](#)

## Retreat for Military Women & Women Veterans

**FRI 04—SUN 06 OCT in Oxford, MA**

Project New Hope invites Military & Veteran Women to enjoy a free weekend retreat! The weekend's objective is to create an opportunity to honor themselves and each other. Find out more and register [online](#).



## 5th Annual 5K & 10K Canal Run for the Troops

**SAT 05 OCT @ 10 a.m.**

Cost: Pre-registration \$20.00 ; Race day registration \$25.00, starts at 8:30 a.m.  
To register go to [www.canalrun4thetroops.com](http://www.canalrun4thetroops.com)

The Canal Run for the Troops starts at the Buzzards Bay Recreation Area. Gifts and Cash Prizes, Award Ribbons for the top male & female in each age category, free lunch, entertainment and a Race T-Shirt to the first 150 people who pre-register.

Volunteers are needed to help at the water stations, start and finish lines, help with set up and clean up; and volunteers to help serve lunch. People are encouraged to line up along the race course waving American Flags to cheer on the participants and show support for our military members and their families. Business sponsorships are also available.

Proceeds go to the pay for the postage of Christmas care packages sent to the troops. For more information email [capecod4thetroops@comcast.net](mailto:capecod4thetroops@comcast.net) or call 774-216-9052.



## 3rd Annual Disaster 5K Run/Walk

**SAT 19 OCT @ Hyannis Village Green**

Registration from 8—9a.m.; Race starts @ 9:15 a.m.

Medals for the first male & first female finishers "Master & Mistress of Disaster" ! Free T-Shirt for the first 100 registrants.

Join them for a special "Boston Strong" responders recognition opening ceremony.

For more information on how to register or form a team, visit [www.RedCross.org/CapeDisaster5k](http://www.RedCross.org/CapeDisaster5k), call (508) 775-1540 ext. 19, or email [hilary.greene@redcross.org](mailto:hilary.greene@redcross.org)







# VETERANS' EXPO 2013 !

Welcome Vets of all eras, friends, and family!

★ **SATURDAY, SEPT 21<sup>st</sup>, 10AM-3PM**  
**On the Campus of the Brockton VA**

BUILDING 23 (GYM), 940 BELMONT ST, BROCKTON, MA

\*Parking at the VA main lot with shuttle service to event site

\*Handicap parking available on site



**Have a Picnic!**  
**Free Cookout & Live Music**



**Get Connected to Vet Benefits!**  
**Recreation, housing, finance,**  
**healthcare – we've got it all!**



**Kid's Zone!**  
**Petting zoo, indoor swimming**  
**pool, mini-golf, games & more**



**Jobs and Career Fair!**  
**Lots of Vet friendly employers**

\*To pre-register or get information go to [www.boston.va.gov](http://www.boston.va.gov)  
and click on the "Veterans Expo" icon or call (857) 364-5934



**\*Vets – Don't your DD214**  
**(if you have it)**

Sponsored by:



Mass Department  
of Career Services



Mass Department  
of Veterans Services





## Suicide Prevention

**You are not alone. There is support.**

The Department of Defense (DoD) takes the issue of suicide very seriously and is actively working to reduce the number of suicides. DoD has many programs and services to help service members and their families cope with everyday stresses and those unique to military life.

Everyone can help prevent suicide. Know how to recognize common risk factors including chronic pain; feelings of guilt, anger, or shame; exposure to trauma; a sense of hopelessness; relationship problems; and posttraumatic stress disorder (PTSD). If you notice these behaviors in friends and family who have served in the military, encourage them to seek help.

Remember ACE: Ask, Care & Escort.

**Military  
Crisis Line**



**1-800-273-8255  
PRESS 1**

It's important to talk about feelings of depression or posttraumatic stress. If you're looking for more information or resources, trained health professionals are available 24/7 at the [DCoE Outreach Center](#) by live chat, email or phone, 800-273-8255.

## Mission Gratitude Benefits Home Base Program

**MON 23 SEP @ Boston Symphony Hall**



Join Sarah Silverman, The Band Perry, Big & Rich, and many more at Mission Gratitude, benefiting the Home Base Program. Home Base Program helps Iraq and Afghanistan veterans and their families heal from the invisible wounds of war through clinical care, clinical and community education and research. Home Base serves active duty, Guard, Reserve and out of uniform veterans throughout New England, regardless of status, insurance or ability to pay. Find more about Mission Gratitude Event [HERE](#); More about Home Base [HERE](#).



## Apply For Your VA Health Benefits or Update Your Information

The fastest and easiest way to apply or update your information is online! First time enrolling for benefits or already enrolled? Submit or update your personal, insurance, and financial information on [va.gov](http://va.gov)



## Kaehler Clinic Pharmacy Schedule for September

New prescriptions from civilian providers **will not** be accepted due to pharmacist unavailability from: 19–27 SEP

\*The pharmacy is CLOSED on Wednesday mornings and Friday Afternoons\*

## Career Fairs:

WED 25 SEP from 10 a.m. – 2 p.m. @ Boston Common Hotel & Conference Center [Information](#)

Plymouth Career Center Career Fair WED 25 SEP from 10 a.m.—12:30 p.m. Info by calling 508-732-5300

## National Grid Offers “Veterans Only Career Day”

TUE 24 SEP @ Millbury Training Center, Millbury MA

Veterans can come out to our training center to get a feel for what it is that a utility worker in the energy industry does. The events of the day will include overviews on: AC Power Systems, Overhead Electric Line Laboratory, Underground Electric Laboratory, Gas Laboratory, Customer Meter Services, Distribution Design/GIS, Our Business Overview, and Troops to Energy Job.

Space is limited to 50; lunch will be provided. For more information contact Mike Kelly, [mkelley@detma.org](mailto:mkelley@detma.org) 508-732-5309.

## Next Week at the Plymouth Career Center

23	24	25	26	27
Resume & Cover Letter Critique 10:30am-12:00pm Intro to PC's (Beginners) 1:30pm-3:30pm Sell Yourself Session 3 1:30pm-4:00pm	Mature Worker Job Search Tips 10:30am-12:00pm	Excel Basics <sup>L4</sup> 9:30am-12:30pm Career Fair 10:00am-12:30pm Boston South Women's Employment Network 1:15pm-4:00pm E-Learning 2:00pm-3:00pm	Resume & Cover Letter 9:30am-12:00pm Intro to MassCIS 10:00am-12:00pm Networking Tips For Introverts NEW 1:30pm-3:30pm	Linked-In (Advanced) 9:30am-1:00pm

To register for a Workshop, Seminar, or Event please call 508-732-5300

## Veterans Food Bank

### Distribution

SAT 05 OCT at Brockton VA Hospital Building 7 from 9:30—10:30 a.m.

The Commonwealth of Massachusetts Department of Veterans' Services in Partnership with The Greater Boston Food Bank will be making a State Veteran's Distribution. Come receive 20-25 pounds of nutritious produce!

Parking Available participants are encouraged to use their own vehicle if possible.

Limited shuttle bus service will be available from Building 3 beginning at 8:30am

Please pre-register by email to: [ernestina.sirignano@state.ma.us](mailto:ernestina.sirignano@state.ma.us) or call 617-210-5910

**no later than FRI 27 SEP.**

All participants need to bring verification of veteran status DD214 and if married to a veteran a copy of a marriage certificate. To register please leave your name with the correct spelling and indicate the number of people in the household including how many adults, children and seniors 60 and over. Please state that you will be attending the Brockton distribution.





## Weekend Getaways Starting at \$0 in Connecticut

**USS Nautilus and US Navy Submarine Force Library, Groton** – Go below and tour the USS Nautilus, the world's first nuclear-powered ship and the first vessel to go to the North Pole. Interactive exhibits and an extensive collection of submarine artifacts, documents and photographs will keep you busy and engaged.

**Connecticut State Capitol, Hartford** – Take a tour to learn about the history of the Capitol, a National Historic Landmark, and view flags carried into war by Connecticut soldiers, artifacts important to Connecticut history, and the Connecticut Hall of Fame.

**Silver Sands State Park, Milford** – Enjoy 47-acres of beach, dunes and nature. Relax along the beach, where swimming and fishing are permitted, picnic along one of the many nature trails, or venture to the 14-acre bird sanctuary on Charles Island.

**Talcott Mountain State Park/Heublein Tower, Simsbury** – Make the 1.5 mile hike to the peak of Talcott Mountain, 1,000 feet above the Farmington River Valley, for spectacular views. Bring a picnic and visit Heublein Tower for information on its fascinating history and to learn about the many species of flora and fauna inhabiting the mountain.

**Yale Center British for Art, New Haven** – View the largest collection of British art outside of the UK, including paintings, sculpture, drawings, prints, rare books, and manuscripts. The center also hosts lectures, exhibits, educational programs, concerts and special events.

**Husky Heritage Sports Museum, Storrs** – The museum showcases the sights and sounds of 100+ years of UConn athletic tradition. Memorabilia celebrating a century of Husky pride includes photographs, game balls, jerseys, and the NCAA National Championship trophies that UConn's men's and women's basketball teams, and the men's soccer team, have won.

**Elizabeth Park and Rose Garden, Hartford/West Hartford** – This 102-acre park boasts gardens, greenhouses, recreational pathways, a picnic grove, pond, tennis and basketball courts, playground, and the oldest municipally-operated rose garden in the country, with over 800 varieties of roses.

**Weir Farm National Historic Site, Wilton** – Join a National Park Service guided tour to experience one of the nation's finest remaining landscapes of American art, or walk the nature refuge and enjoy bird watching, picnicking and observe the many artists that visit the site to paint en plain air. The visitor center offers educational exhibits, activities and events.

**Connecticut Audubon Society Center, Pomfret** – The Pomfret center offers environmental education programs, bird walks and many opportunities to learn about and explore the natural world, and serves as the gateway to the adjoining 700-acre Connecticut Audubon Society Bafflin Sanctuary with vast rolling meadows, forests, streams and fertile grassland habitats.

**New Britain Youth Museum, New Britain** – Enjoy a number of educational activities at the museum including a puppet theater, construction toys and games, and the Dinosaur Room.

**Flanders Nature Center & Land Trust, Woodbury** – With more than 2,000 acres spanning Woodbury, Bethlehem, Southbury and Middlebury, the opportunities are endless at Flanders Nature Center. Hike the many nature trails, dotted with historic buildings, stone walls, and beautiful views of the many woodlands, lakes, ponds, streams and fields. Van Vleck Farm and Nature Center offers educational programs and demonstrations on gardening, maple sugaring, and more.



## Armed Forces Vacation Club

Fall Into Fun! Resort stays from \$349 per week! Destinations include Williamsburg, Myrtle Beach, Las Vegas & MORE . Learn more at [www.afvclub.com/](http://www.afvclub.com/) or call JBCC's MWR Ticketing Office at 508-9686447.

Massachusetts National Guard  
Airman & Family Readiness Program  
Joint Base Cape Cod, MA



Erin Creighton  
Program Manager  
102IW/ A&FRPO  
156 Reilly St Box 70  
Otis ANG Base, MA 02542  
Phone: 508-968-4855  
Fax: 508-968-4846  
[erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)

Requests to be added or removed from this distribution list may be sent directly to [Erin.creighton@ang.af.mil](mailto:Erin.creighton@ang.af.mil).

# 102d INTELLIGENCE WING DINING-IN

*In Memory of Many  
In Honor of All*

**2** NOVEMBER 2013 | **5** O'CLOCK  
IN THE EVENING

*Guest Speaker*

Senator Scott Brown

## *Dinner Menu*

Rolls and butter, Garden Salad with specialty dressing, Choice of Chicken Breast stuffed with Cranberry Sage stuffing or Prime Rib of Beef Au Jus, Seasonal vegetables, Chef's selection of potatoes or rice, Chocolate Cake, Tea and Coffee

Cocktail Hour: 1700 - 1800  
Dinner: 1800 - 2200

## *Information*

Early release (1400 Sat) and delayed report time (0900 Sun) for all attendees

Uniform for Officers: Mess Dress  
Enlisted: Mess Dress or Semi-Formal  
Civilian: Formal

Discounted rooms available at Cape Codder Resort at \$85 per night. Call (508) 771-3000

\$30 E-1 to E-4  
\$35 E-5 / E-6 / Civilians  
\$40 E-7 / E-8 / O-1 / O-2  
\$45 E-9 / O-3 / O-4  
\$50 O-5 and up



## *Cape Codder Resort & Spa*

1225 Iyannough Rd.  
Hyannis, MA 02601

### **Ticket Sale Reps**

Wing Gp: Lisa Ahaesy • MDG: Cindy Thomas • MSG: Michael Dorsey, Stephen Tibbets • AOG: Carrie Lucas, Sharon Rich • IG: Donald Kochka, John Conti, Katherine Dias, Regina Baker • CCG: Julie Santos, Tracy Sylvia, Robert MacDonald

Please purchase tickets from YOUR group POC. Preferred payment is by check, made payable to: 102 Intelligence Wing Fund



### *2nd annual Food, Fun and Facts for Families*

THU 17 OCT from 5-8 P @ JBCC Crosswinds Center

### *4th Annual Seacoast Veterans Conference* “Seeking Your

Normal in the Face of War” SAT 19 OCT

Portsmouth, NH

### **Next Week at Hanscom**

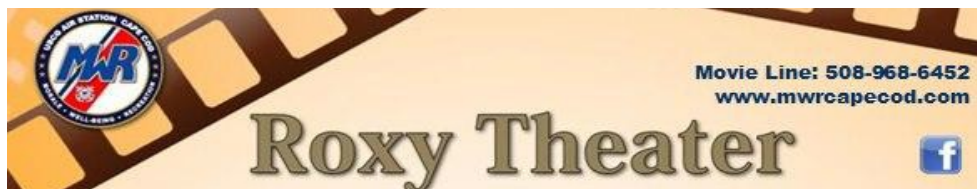
### **Organizing for Your Office for Maximum Efficiency**

THU 19 SEP 11:30—12:30

### **10 Steps to a Federal Job**

MON 30 SEP 8:00—4:00

To register, call A&FRC at 781-225-2765 or email at  
[66.fss.fsfr.cmb@hanscom.af.mil](mailto:66.fss.fsfr.cmb@hanscom.af.mil)



### **FREE Movies !!!!!!!!!!!**

To find out what's playing



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